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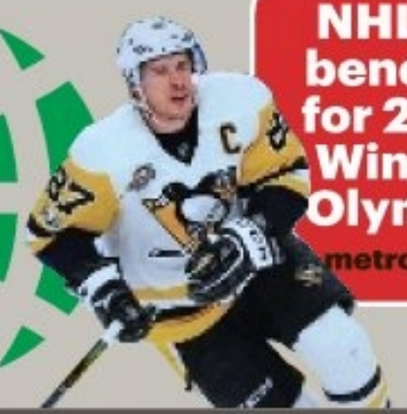

NHLers benched for 2018 Winter Olympics

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Your essential daily news | TUESDAY, APRIL 4, 2017

High 12°C/Low 8°C Cloudy

Vancouver gets the raw end of the pump

Why Vancouverites pay the most for gas in Canada

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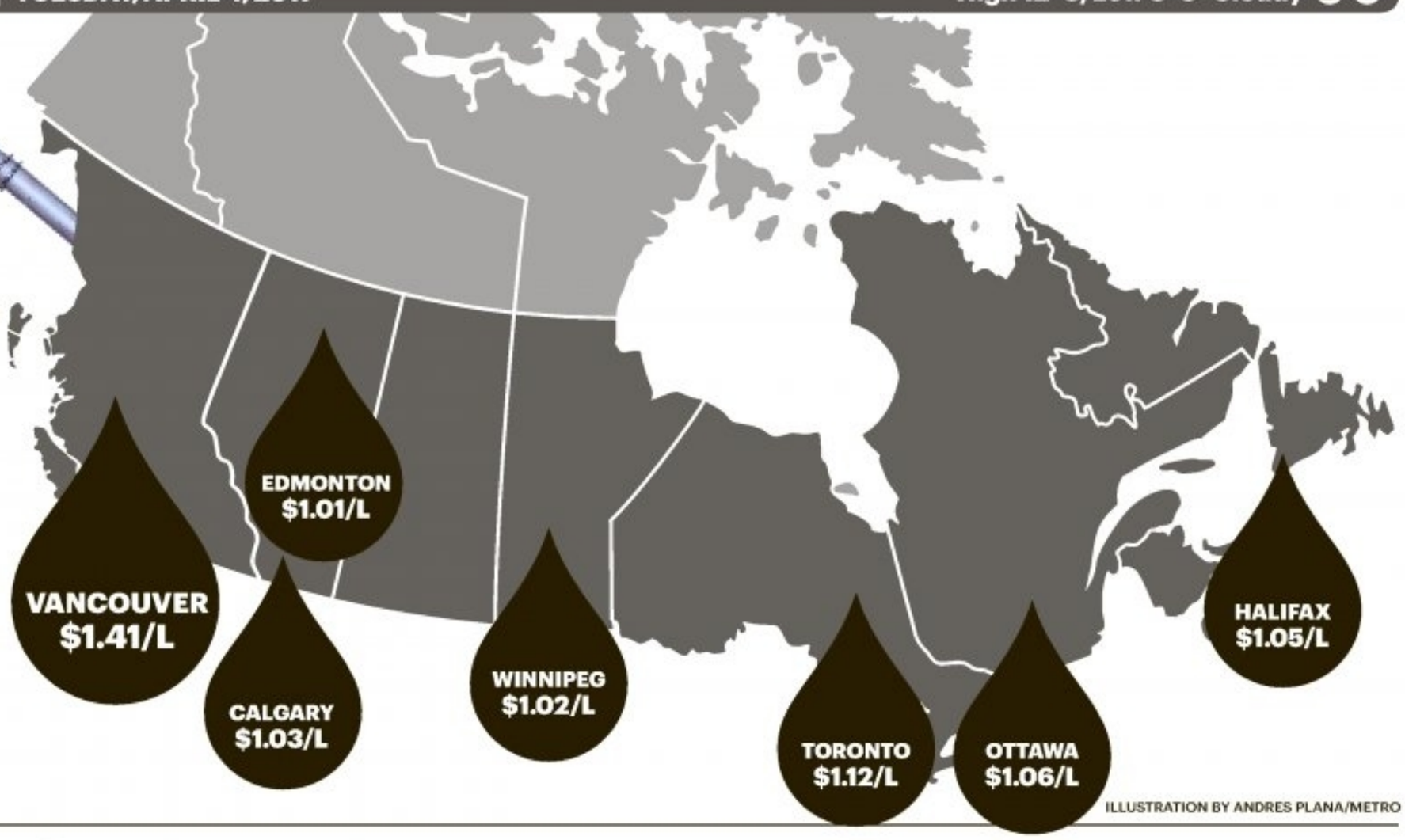

ILLUSTRATION BY ANDRES PLANA/METRO

Patient files potentially hacked

IDENTITY THEFT

Alleged breach of PharmaNet system leads to arrest

Police in Vancouver say a man is facing identity-theft charges after British Columbians' personal information was allegedly accessed through the PharmaNet system.

An investigation was launched in February after police were notified that someone was fraudulently using information obtained through the data system.

"Information gathered confirmed that the suspect gained unauthorized access to the PharmaNet system and gathered patient's personal data," police said in a statement. "That information was then used for fraudulent purposes."

PharmaNet links all B.C. pharmacies to a central set of data systems and logs all prescriptions, maintains basic profiles that include names, addresses, dates of birth, personal health numbers and medication histories.

Officers executed a search warrant in Richmond, B.C., last week and arrested one man. Police said he is facing a number of identity-theft related charges.

The province said in a release Monday that 20,500 people may have had their information viewed inappropriately, up dramatically from the 7,500 people originally believed to have been affected.

The government has said there were four incidents of "unusual" activity on the PharmaNet system and the breaches are alleged to be the result of cybercrime that targeted doctors' and medical offices and PharmaNet service vendors.

The Health Ministry has sent letters to people affected by the breaches and said they will be offered free credit monitoring, while a letter was sent to affected health-care practitioners, telling them how they can prevent unauthorized access.

20,500

The number of people who may have had their information viewed inappropriately, according to the province

In February, the ministry said it was first notified of the breaches last fall. Premier Christy Clark said then that she was "profoundly disturbed" by the incidents.

The province said Monday that various ministries have done a "significant amount of work" since the breaches were discovered and "more robust" security measures will be implemented for PharmaNet and the system's vendors. It said the Information and Privacy Commissioner has also been notified and is receiving regular updates.

THE CANADIAN PRESS

REPORT

Ten-year welfare rate freeze hurts province

A lot has changed in British Columbia over the last 10 years. Welfare rates aren't one of them.

The Canadian Centre for Policy Alternatives is calling on government — or whatever party is in power after the May 9 provincial election — to "depoliticize" the way welfare rates are set in the province.

> They're set arbitrarily and then government are content to leave them frozen for years at a time.
>
> Seth Klein

April 1 marked the 10th anniversary of the last time basic assistance rate of $610 per month was increased in B.C.

At the same time, CCPA B.C. director Seth Klein said the cost of rent, food and other necessities have increased several times the rate of inflation.

"The sad reality is that there is no rationale that guides the setting of welfare rates," Klein told Metro. "They're set arbitrarily and then government are content to leave them frozen for years at a time and then eventually the pressure builds and they're forced to increase them again by completely arbitrary amounts."

Klein believes the province needs to index its welfare rate to inflation and establish an independent commission to determine what rates should be set at.

"That would set some policy rationale to the setting of rates," Klein said.

Not all welfare rates have been frozen for 10 years.

Government has increased the rate for persons with disabilities two years in a row but, even then, Klein said rates have not kept up with inflation and cost of living.

Other provinces have moved forward in the last decade while B.C. has stood still.

Klein said B.C.'s rates ranks sixth when it comes to basic assistance for a single person, or a parent with one child.

The province rates ninth for a couple with two children.

All the while, "No one disputes that we have the highest cost of living," Klein said. "We need an immediate increase and there is no reason why they shouldn't raise rates by 200 to 400 dollars a month just to get us some breathing room." MATT KIELTYKA/METRO, WITH FILES FROM DAVID P. BALL/METRO

BY THE NUMBERS SOCIAL ASSISTANCE

6	9
B.C. ranks 6th in basic assistance for a single person, or parent with one child.	The province ranks 9th in assistance for a couple with two children.

Grade 1 student Joseph Kim takes cover under his desk during an earthquake drill at Hollyburn Elementary School in West Vancouver in January 2011. THE CANADIAN PRESS

Fault near Victoria active: Researcher

GEOLOGY

Discovery finds Leech River line has caused two earthquakes

Matt Kieltyka
Metro | Edmonton

The discovery of an active fault near Victoria is shaking up the geology world.

Previously thought to be inactive for millions of years, University of Victoria geologist Kristen Morell and her team has found evidence that the Leech River fault — just a few kilometres from downtown Victoria, B.C. — has caused at least two major earthquakes within the last 15,000 years.

"We've known that the Leech River fault as a very old one that was active, for example, 15 million years ago," Morell told Metro. "But it wasn't until these recent studies that we've been able to definitively show that it has hosted earthquake in the recent past."

Researchers used light detection and ranging — shooting laser pulses at the ground to see what the earth looks like without vegetation — to identify subtle changes to the ground caused by the earthquakes and then dated the affected sediments.

Morell said for the earthquakes to rupture the surface, they would have had to been at least a magnitude of 6.5.

Although still active, Morell said the Leech River fault is much smaller and produces earthquakes far less frequently than the Cascadia megathrust fault often associated with the impending "Big One".

And while the fault's proximity to British Columbia's capital is worrisome, Morell said there is no need to panic.

"Right now, all we know is that it has ruptured more recently (than previously thought). This is really an initial discovery and what needs to happen before any policies are made is to figure out exactly when these earthquakes were and how big they were," she said. "It's really actually a good thing that we're getting more information about the dynamic planet that we're living in.

"The more information we have, the better prepared we can be for these types of events, which we know have to happen."

Morell's findings were published in the March edition of the Geological Society of America's GSA Today publication.

She and her colleagues are currently studying the fault more by digging out samples to determine more accurately when the two earthquakes occurred.

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metro NEWS
Your essential daily news

Malala Yousafzai to receive Canadian citizenship next week. **Canada**

Vancouver slow to build

HOUSING

Report shows where there is opportunity for more infill

Jen St. Denis
Metro | Vancouver

When you think of recent development in Vancouver, you probably think of condo towers being constructed at a dizzying rate.

But when it comes to the proportion of land zoned for multi-family buildings versus single-family homes, the suburbs have Vancouver beat, according to a study by the Greater Vancouver Home Builders Association (GVHBA).

And Vancouver is one of the slowest cities when it comes to working through the bureaucracy, like getting building permits, which builders must do before breaking ground on new projects.

Single-family housing in Vancouver's Mount Pleasant neighbourhood. JENNIFER GAUTHIER/METRO

"We were trying to highlight some of the good things and get rid of some of the bad things," said Bob de Wit, CEO of the GVHBA of the report.

"For infill housing, the typical time frame is eight to 24 months, and it only takes four and a half months to build the house."

Infill housing includes buildings like laneway housing, duplexes or adding a basement suite to an existing house. The GVHBA highlighted the breakdown of single-family versus multi-family zoning to show where there was opportunity to add more infill housing, an approach the City of Vancouver is currently advocating as part of a new housing plan.

Port Moody, the City of Langley, Richmond, New Westminster and the City of North Vancouver all have between 24 and 27 per cent of their land zoned for high-density, compared to the 19 per cent of land Vancouver has zoned for multi-family.

Overall, 63 per cent of Metro Vancouver's land is zoned as single family, yet duplexes, triplexes and quadplexes have only grown 2 per cent in the last five years.

Since many of those lot sizes are fairly large (between 50 to 80 feet wide), de Wit says if more lot subdivision was allowed to encourage more duplexes, triplexes and quadplexes, the individual units would be more affordable.

"What we're calling for as a solution is to do prezoning," de Wit said. "In other words to choose single-family neighbourhoods where you could allow more gentle density, more duplexes, triplexes, fourplexes to get more density onto the land that's there, especially in the higher-cost areas like Vancouver and Burnaby."

Burnaby, Langley and New Westminster were rated as being some of the easiest places to build. New Westminster stands out, de Wit said:

"They were also in the top few for gentle density. They had among the highest percentage of single-family homes with extra housing units on it," de Wit, adding that Vancouver also scored highly in this category.

As part of its new housing plan, the City of Vancouver is attempting to improve its approval and building permit wait times — a problem that has dogged the city for years. Vancouver also wants to start a pilot program to speed up approvals for projects that include affordable housing.

FIRST NATIONS

Canadians support protecting Indigenous languages: Poll

David P. Ball
Metro | Vancouver

It's been 21 years since the last Indian Residential School shuttered its doors in 1996.

And despite a Conservative senator's widely panned remarks defending the "good" intentions of the schools, they remain accused of "cultural genocide" by the Truth and Reconciliation Commission — particularly because of their attempts to permanently stamp out Indigenous languages.

But it appears the vast majority of Canadians don't share Sen. Lynn Beyak's sentiments, at least when it comes to the erasure of traditional languages.

A newly released opinion survey by pollster Nanos found that nearly three quarters of Canadians want Indigenous languages protected by federal law and even legislated into more widespread use.

The Assembly of First Nations, which commissioned the survey, said the results were "important and encouraging."

"The majority of Canadians understand the need to promote and revitalize Indigenous languages," said National Chief Perry Bellegarde in a statement.

The poll found that although two thirds of those polled were unaware the federal government has proposed an Indigenous Languages Act, 74 per cent of them would support it.

The respondents weren't entirely on side with the move, however.

Among the 21 per cent minority of Canadians opposed to legislated language preservation, nearly eight-in-10 agreed that "it is not the government's job" or that languages should be First Nations' "own responsibility."

The Nanos opinion poll, conducted between Feb. 25-27, randomly canvassed land lines and cellphones and conducted online surveys of 1,000 Canadian adults.

The poll results were within a 3.1 per cent margin of error, 19 times out of 20.

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Pumping up high gas prices

DRIVING

GasBuddy says fuel costs more here than in all of Canada

Wanyee Li
Metro | Vancouver

Vancouverites are paying more for gas than people in any other Canadian city, according to a gas-price comparison website.

Drivers paid about $1.41 per litre at Vancouver gas stations Monday, according to GasBuddy. Meanwhile drivers in Toronto paid about $1.12 per litre.

And this isn't a one-time thing; Vancouver has had the highest gas prices in the country for more than a decade, according to Dan McTeague, senior petroleum analyst at GasBuddy.

But this week's mind-boggling 40-cent gap between gas prices in Vancouver and the majority of Canadian cities is due to a variety of factors, including maintenance snafus at refineries and supply fears south of the border.

Vancouverites are feeling pain at the pumps. MARCUS OLENIUK/TORSTAR NEWS SERVICE FILE

"(One refinery) was supposed to get out of maintenance last week but it didn't so that caused a bit of panic," said McTeague.

He noted that two out of four refineries in the Pacific Northwest usually schedule maintenance repairs during this time of year.

But the biggest factor in Vancouver's gas prices have to do with the U.S. gasoline market, because the Lower Mainland does import some gas and jet fuel from the States.

"If there is a shortage in the U.S., it creates the prospect of U.S. suppliers who sell to the gas stations scrambling to find gasoline anywhere," he said.

"We're in a regional market whether we like it or not. We're linked to them."

But people in B.C. also have to contend with higher taxes.

"On a day like today, when gas is $1.41, you're looking at 50 cents per litre for tax — federal, provincial, carbon," said McTeague.

And add a transit tax on top of that. McTeague acknowledged people in Vancouver pay a lot of tax on gas.

"It's pretty substantial and it is arguably the highest in North America."

As for whether people should wait a few days to see if gas prices drop before buying gas, McTeague says to hold off.

The local refinery that had a longer-than-scheduled maintenance session is now operational, he said.

$1.41

Vancouverites paid around this price per litre on Monday, while Torontonians paid about $1.12 per litre.

"It's up and running again so we could see prices go down as early as Wednesday."

But don't expect prices to go below $1.30 per litre in the "foreseeable future," he added.

McTeague monitors the gasoline market across Canada for GasBuddy and says analysts can predict the retail price of gas two-days out according to wholesale prices.

FILL 'ER UP

Gas prices across the country

1. Vancouver: $1.41/L
2. Newfoundland: $1.29/L
3. Toronto: $1.12/L
4. Ottawa: $1.06/L
5. Halifax: $1.05/L
6. Calgary: $1.03/L
7. Winnipeg: $1.02/L
8. Edmonton $1.01/L
9. Saskatoon $0.98/L

Source: GasBuddy.com

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Aiming to help East Africa

metro EFFECT

Charity's campaign to help those facing famine

Gilbert Ngabo
Metro | Toronto

A community effort is underway in Toronto to bring some relief to people facing famine in East Africa.

Following last week's Metro series chronicling food shortage in four countries already under the United Nation famine watch, one charity is springing into action.

The International Development and Relief Foundation (IDRF) is launching a campaign for emergency assistance to people in Kenya, Somalia, South Sudan and Ethiopia.

In varying degrees, the four countries have endured three years of drought conditions that devastated crops and livestock, leaving millions of residents at the brink of starvation. But the crisis has largely been overlooked, said IDRF chair Zeib Jeeva.

"We have so many kids that are possibly going to die because aid is not coming," he said. "It's very sad that there isn't much attention about this dire situation. We feel it's our duty to help."

The UN has warned that over 20 million people in Yemen, Somalia, South Sudan and northern Nigeria could soon face a full-blown famine if a $4.4-billion relief fund is not provided by July. Ethiopia and Kenya are not on the UN watch, but the two countries are in the same predicament of a looming crisis in East Africa, according to IDRF.

Members of the International Development and Relief Foundation, which is launching a campaign for emergency assistance to people in East Africa. EDUARDO LIMA/METRO

> **We have so many kids that are possibly going to die because aid is not coming.**
> Zeib Jeeva

As part of the campaign, the charity will partner with organizations on the ground to provide meals to people in need — many of whom have been internally displaced and live in temporary camps.

Jeeva said it is important to provide immediate emergency relief to those facing starvation, but the greater emphasis must be on long-term stability and sustainability of affected communities.

"We can't just be there when the situation is in the media and forget people afterwards," he said.

Canada digest

HEROISM

Malala to become honourary citizen

Nobel Peace Prize winner Malala Yousafzai will receive her honorary Canadian citizenship in Ottawa next week. Prime Minister Justin Trudeau's office says the presentation will take place April 12, when the 19-year-old Pakistani woman will also address Parliament.

Malala Yousafzai

THE CANADIAN PRESS

MANITOBA

Tina Fontaine's sister reported missing

The sister of a Manitoba teen who became one of the poster children for the issue of missing and murdered indigenous woman is now missing herself.

Sarah Fontaine, 16, has lost a father, a sister and a cousin in recent years. She is the younger sister of Tina Fontaine, the 15-year-old whose body was found wrapped in a bag in the Red River on Aug. 17, 2014.

THE CANADIAN PRESS

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Blast shreds station

ST. PETERSBURG, RUSSIA

11 people dead, 45 being treated in hospitals

A bomb blast tore through a subway train deep under Russia's second-largest city Monday, killing 11 people and wounding more than 40 in a chaotic scene that left victims sprawled on a smoky platform. Hours later, anguish and fear rose again when police found and defused a shrapnel-packed explosive device at another St. Petersburg station.

There was no immediate claim of responsibility for the attack, which came while President Vladimir Putin was visiting the city, his hometown. In the past two decades, Russian trains and planes have been frequent targets of terrorism, usually blamed on Islamic militants.

News reports initially said police were searching for two suspects, and Russian state television showed a photo of one suspect wearing what appeared to be a skullcap characteristic of Russia's Muslim regions. However, the Interfax news agency later cited unspecified sources as saying police now suspect the blast was the work of a suicide bomber linked to radical Islamists.

The National Anti-Terrorism Committee said it was looking for the "perpetrators and organizers of the terror attack."

St. Petersburg, a major tourist destination famed for its imperial palaces and lavish art museums, had been spared previous attacks.

"From now on, I will be scared to take the subway," said Marina Ilyina, 30, who brought flowers to the station where the train stopped after the bombing. "We in St. Petersburg thought we wouldn't be touched by that."

The explosion occurred in midafternoon as the train travelled between stations on one of the city's north-south lines.

The driver chose to continue on to the next stop, Technological Institute, a decision praised by the Investigative Committee as aiding evacuation efforts and reducing the danger to passengers who would have had to walk along the electrified tracks.

The National Anti-Terrorism Committee said the death toll was 11, with another 45 people being treated for wounds in hospitals.

Amateur video broadcast by Russian TV showed people lying on the platform of the Technological Institute station, and others bleeding and weeping just after the damaged train pulled in.

THE ASSOCIATED PRESS

1 Blast victims lie near a subway train hit by a explosion at the Tekhnologichesky Institut subway station in St. Petersburg, Russia on Monday.
2 Russian President Vladimir Putin places flowers in memory of victims of the blast in the Saint Petersburg station. THE ASSOCIATED PRESS

COLOMBIA

Relatives search for loved ones

Jose Albeiro Vargas last saw his grandson the night fierce rain unleashed havoc on this small city surrounded by rivers and mountains in southern Colombia.

From what Vargas has been able to gather, the torrents of mud, water and debris unleashed on the city of Mocoa by the rain-swollen river swept away his daughter and her 18-month-old grandson, Jadir Estiven. Ever since, has been searching for them without success.

"They were hit by the strongest avalanche," Vargas, a clothing store owner who was so exhausted he could barely speak or open his eyes, said Sunday.

He is far from the only person in Mocoa searching desperately for young loved ones.

At least 43 children were among the confirmed dead from the devastating flood, according to President Juan Manuel Santos.

The national disaster management agency said Monday that the official death toll had increased to 262.

The young may have been particularly vulnerable in this disaster because nearly all were in bed when the floods surged through the city of 40,000 Friday night and early Saturday.

Maria Cordoba, 52, said two of her nephews, ages 6 and 11, were killed when their house was destroyed.

"The mother as well was totally beaten up" but managed to save her 18-month-old baby, she said while at the river trying to clean items she salvaged from her home.

THE ASSOCIATED PRESS

A wounded girl waits for medical attention at a shelter in Mocoa, Colombia on Monday. GETTY IMAGES

Condoms beat corks

CUBA

Contraceptives cap bottles in wine-making

The sweet smell of fermenting fruit fills the streets around the modest Havana home where Orestes Estevez and his family fill glass jugs with grapes, ginger and hibiscus, then slip a condom over each glass neck to start the unusual process of winemaking in a land famed for rum.

From origins as an illicit backyard still, Cuba's El Canal winery has become a flourishing business that annually produces thousands of gallons of wine flavoured with guava, watercress and beets.

Estevez, 65, has made wine for decades.

After a career in the military and security services he legalized his business and opened a tiny winery in 2000 as communist Cuba took the first steps toward allowing private enterprise.

The winery has become a neighbourhood attraction, with residents of the El Cerro neighbourhood sitting on the curb at all hours sipping Estevez's wine from green glasses.

The most remarkable sight, however, is hundreds of bottles capped with condoms that slowly inflate as the fruity mix ferments and produces gases. When the fermentation is over and there are no more gases, the condom stops inflating and falls, and the wine is ready for bottling.

"Putting a condom on a bottle is just like with a man," Estevez said. "It stands up, the wine is ready, and then the process is completed." THE ASSOCIATED PRESS

Condom topped wine jugs surround winemaker Orestes Estevez at his house in Havana, Cuba. THE ASSOCIATED PRESS

TECHNOLOGY

Swedish startup microchips staff

The syringe slides in between the thumb and index finger. Then, with a click, a microchip is injected in the employee's hand. Another "cyborg" created.

What could pass for a dystopian vision of the workplace is almost routine at the Swedish startup hub Epicenter. The company offers to implant its workers and startup members with microchips the size of grains of rice that function as swipe cards: to open doors, operate printers, or buy smoothies with a wave of the hand.

The injections have become so popular that workers at Epicenter hold parties for those willing to get implanted.

"The biggest benefit I think is convenience," said Patrick Mesterton, co-founder and CEO of Epicenter. "It basically replaces a lot of things you have, other communication devices, whether it be credit cards or keys."

The technology in itself is not new. Such chips are used as virtual collar plates for pets. Companies use them to track deliveries. It's just never been used to tag employees on a broad scale before. Epicenter and a handful of other companies are the first to make chip implants broadly available.

THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 63

SMUGGLERS COVE, N.S.

EACH TIME WE VISIT GRANDMA WE WALK DOWN TO SMUGGLERS COVE IN NOVA SCOTIA. MY SON MAKES UP STORIES ABOUT HOW THE PIRATES GOT INTO THE CAVES. THE SLOW WAVES ALWAYS CALM US. **GINA COMEAU**

SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

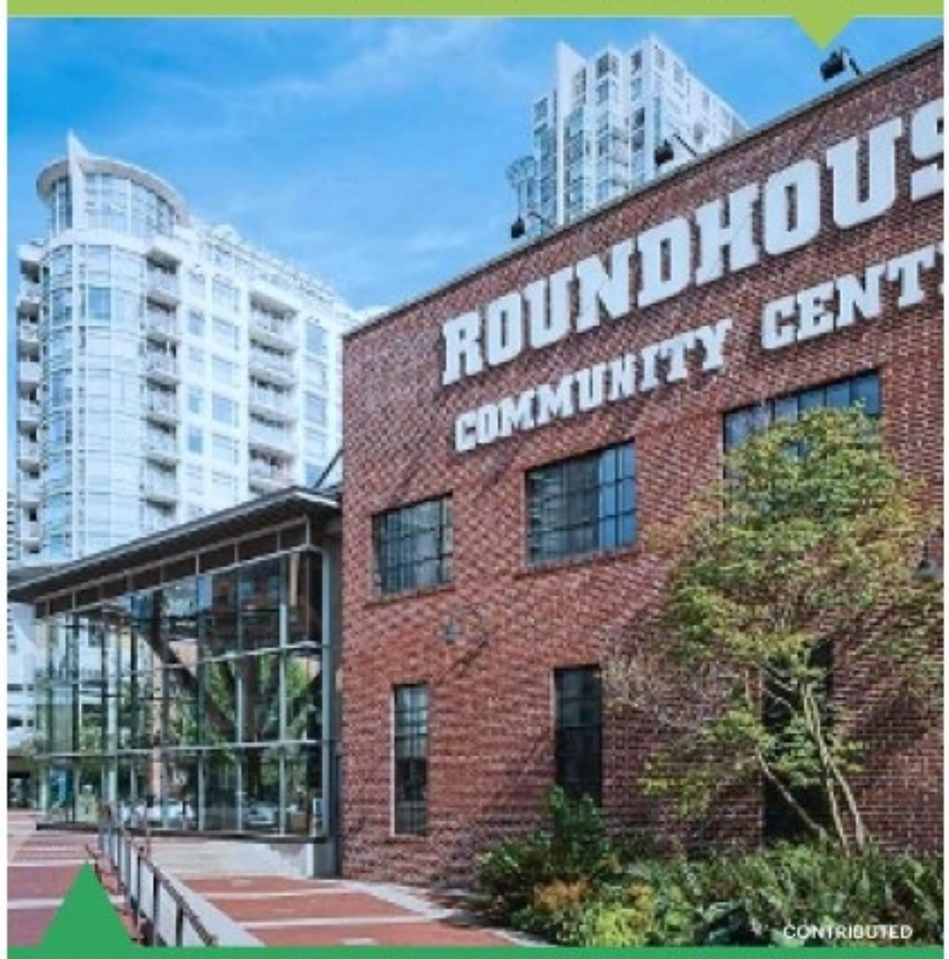
BLUEPRINT by Jamie Bradburn For Metro

Old buildings hosting new ideas

Sometimes buildings outlive their original purpose, but it doesn't spell their end. Canadian cities are filled with historic structures that found second lives. From museums to supermarkets, these sites provide innovative new uses that respect each building's past. They show that with creativity, a heritage designation isn't an obstacle to building a great city. **Some highlights across the country:**

Roundhouse arts and recreation centre, Vancouver

THEN Opened in 1888 as the western terminus of the Canadian Pacific Railway, later used as an Expo 86 pavilion.



CONTRIBUTED

NOW An all-purpose facility combining community spaces, performance venues, art studios, a gym, and the first passenger train to reach Vancouver.

Pier 21, Halifax

Ship terminal that welcomed immigrants between 1928 and 1971.

An immigration museum, an art and design campus and shops.

Union Bank, Winnipeg

The oldest skyscraper in western Canada, opened in 1904.

Red River College's GlobalFoods Institute now resides in the old bank.

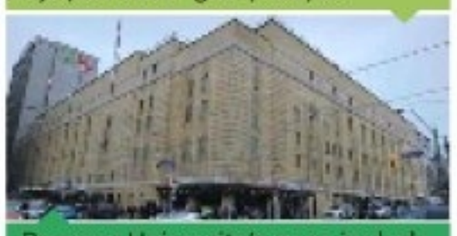
Mercer Warehouse, Edmonton

Warehouse built in 1911 to store cigars and liquor.

Part of the city's warehouse district, it houses restaurants and startups.

Maple Leaf Gardens, Toronto

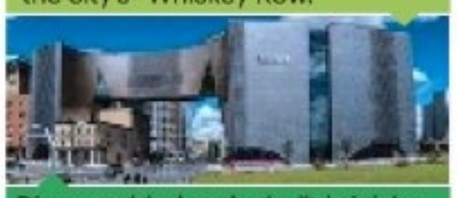
Where the Maple Leafs enjoyed their glory days.



Ryerson University's gym, including a rink; also, a grocery store.

King Edward Hotel, Calgary

Historic railway-era dive bar along the city's "Whiskey Row."



Disassembled and rebuilt brick by brick as music venue and museum.

Mill Street Brew Pub, Ottawa

An 1850s-era grist mill on the Ottawa River.

Mill Street Brewery now operates the site as a brew pub.

WORD ON THE STREET by Luke Simcoe For Metro

More cities need to open the doors and let the hackers in

When I walk into Civic Tech's Toronto meetup, I'm greeted by coders, data geeks and policy wonks.

In one corner, volunteers work to make the city's budget process more transparent. In another, a gang of "guerilla archivers" are saving climate change data from the clutches of Trump's administration.

It's an uplifting scene that plays out across Canada, including BetaCity YEG in Edmonton, Civic Tech London and YOW Civic Tech in Ottawa.

As Canadian cities strive to get "smarter" — to better use data and technology to address the challenges they're facing and improve the services they deliver — this growing civic tech movement can lend a hand.

By applying strategies still alien to government, like agile development and design thinking, civic tech groups are building tools to address city issues faster, and often cheaper, than municipalities are used to.

Imagine the possibilities if local governments embraced and supported these mostly volunteer groups.

Some cities are catching on. But more should adopt the International Open Data Charter like Edmonton has, or launch a Civic Innovation Office like Toronto, or give startups a chance to solve municipal challenges. In Guelph, Ont., a new "civic accelerator" has already helped save five million litres of water by bringing in water monitoring experts.

The result? A more environmentally-conscious and affordable city.

If Canadian cities want to be smart, they should foster these groups, partner with them, and build tech solutions that start with the community.

After all, technology is only as good as the people who build it.

Luke Simcoe works for Urban+Digital, a non-profit focused on how governments use technology.

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PUBLIC WORKS
The week in urbanism

SHIP SHAPE
A Seattle doughnut shop turned a 7.3-metre wooden boat into the city's newest public space. The Endurance is anchored in land outside Mighty-O Donuts, inviting people to sit on cedar benches, and feel a bit nautical.

SCALING INEQUALITY
Calgary introduced a $5.05 monthly transit pass for its lowest-income residents. People earning $12,500/year or less can pay the new low rate, which comes in at a deep discount from the $101/month pass.

URBAN DICTIONARY

DEFINITION
A **Barnes Dance** is an intersection where cars stop in all directions to allow pedestrians to cross diagonally. Named for former New York City traffic commissioner Henry Barnes, it is frequently called a pedestrian scramble or diagonal crossing.

USE IT IN A SENTENCE
Chad was confused that the **Barnes Dance** had nothing to do with country music.

CITY CHAMP

Stephanie Allen is a Vancouver-based planning researcher and real estate worker. Her graduate studies at Simon Fraser University focus on incorporating historically marginalized voices in city building.
@BuiltJustice

metro LIFE

Your essential daily news

Massachusetts scientists say the region's cod are at a historic low — 80 per cent down in a decade

How I fell for a psychopath

RELATIONSHIPS

Online forums helping victims realize that it's time to get out

TORSTAR NEWS SERVICE

When you're given your dream, you don't want to question it. It felt like I was high all the time.
Sandra, who found herself in a relationship with a psychopath

Though the lies started right away, it wasn't until much later that Sandra realized how badly she'd been conned.

They met at a mutual friend's birthday in 2012. She mentioned she was taking a woodworking class; he was considering the same one. "He started with the 'me too'-ing and it felt like we had so much in common," says Sandra*, who is now 35 and lives in Toronto.

Soon followed a phase of what she calls "love-bombing," where it seemed she'd met her perfect match. There were unbelievable, magical coincidences: he "just knew" when she couldn't sleep, calling late at night. She'd fantasized about a dream date with a scavenger hunt in a library using books as clues. She couldn't believe when he made it happen.

"It felt like it naturally unfolded," she says. "I was like, 'This is my soulmate.'"

By the time he started to drift away just a few weeks later, Sandra was hooked. The pattern, she would later discover, is common and linked to psychopathic traits. While pop culture suggests psychopaths are cold-blooded killers, there's a growing awareness of the damage the subtler variety can inflict on others.

According to victims, it starts with idealization, which could include personality mirroring and over-the-top affection. Then follows devaluation, lies, infidelity and poking at insecurities; then an eventual discarding, replacing one unwitting victim for another.

Countless people say they've experienced something similar, sharing their stories in online forums such as PsychopathFree.com, Aftermath: Surviving Psychopathy and LoveFraud.com. These have become support networks for people who believe they've been caught up with a psychopath — someone who is unable to experience love or empathy, who is charming but insincere, lacking in remorse and pathologically egocentric.

About 1 per cent of the population may fit the criteria.

The forums are a source of data for academics, providing some of the only research on the potentially devastating impact.

"These are not people who are axe-murderers, but they are sort of torturing somebody. That emotional manipulation is not what normal human beings engage in. Usually we have a degree of empathy," says Toronto therapist Sheila Willson, who counsels victims of these toxic partners.

"It's enraging, distressing, traumatizing and causes so much self-doubt."

About a year into her relationship, Sandra found herself Googling the warning signs and came across one such forum.

Charm, lies and manipulations. Having to explain obvious human emotions to him. His crushing boredom, leading to recklessness. Check, check and check. Sandra's boyfriend disappeared three times, ditched countless jobs and moved several times over the next two and a half years. She is now convinced he had taken up with other women, piecing together clues from Facebook and elsewhere.

Get out, her online friends advised. Break off all contact.

Sandra eventually accepted she'd been duped. He never signed up for that woodworking class. She now thinks he'd been driving past her apartment at 2 a.m., checking to see if the lights were on; that he'd found a long-forgotten blog post about the library date.

It can be chilling to identify psychopathic traits in a boss, partner or — these days — political leader. Recent headlines have mused whether Donald Trump is a psychopath, sociopath or narcissist. The shared trait is callousness, an innate indifference to others.

A narcissist shares overlapping characteristics with a psychopath, which many experts agree is the same as sociopath — though the latter downplays the connotation of danger. In other words, "psycho" is a casual accusation, but true psychopaths represent a specific identity.

Diagnosis is difficult, let alone from afar. Forums are some of the few resources for victims, and are more about affirmation and support than clinical accuracy.

Therapist Willson sees the impact first-hand — it makes up a quarter of her practice. For many of her clients, mostly women, stumbling upon these sites is an entry point to healing.

"It's usually how they begin to put it all together," Willson says. "There's a big a-ha."

When a victim addresses their suspicions, they may be accused of being crazy, jealous or sick, and start to doubt their own sanity, Willson says. The psychopath walks away with no remorse. Accepting that the love and flattery were part of a strategy to get sex, shelter, money or entertainment, can cause rage, distress and major self-doubt in victims.

The forums are useful, but only to a point, Willson says. Victims need to get out of their situation, not stay mired in it. In many cases, she says, they should seek one-on-one therapy to address self-esteem issues.

Sandra eventually took the advice of her anonymous online friends and refused all contact with her boyfriend. Her ex died in Toronto in late 2015, several months after she'd broken it off. She'll never know if he was truly a psychopath, had a few traits, or was just a really bad boyfriend.

But finding a forum to share her experience was life-changing, and she hopes others who feel trapped by a relationship with a psychopath realize they aren't as isolated as they think.

"I hate social media. I can't stand it. This is the only website on the planet where I made an account and talked in the forums after lurking for a year," she says today. "I felt compelled to tell other women it was going to be OK."

**Sandra is a pseudonym, used to protect the identity of all involved.*

TORSTAR NEWS SERVICE

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How to act in an overdose emergency

Chest compressions or rescue breathing? Metro gets some expert insight about first aid responses

Genna Buck
Metro Canada

When Jody McLennan woke up to find her husband Oghenovo Avwunufe unconscious and unresponsive, she did the right thing: She called 911 and started CPR, giving chest compressions.

Tragically, it was too late. Avwunufe had passed away some time before, after taking cocaine that was likely laced with the deadly painkiller fentanyl.

The growing number of Canadians dying from opioids like heroin, oxycodone and fentanyl has spawned a debate about what specific first-aid advice and training are needed to address the crisis. Different organizations, such as the American Heart Association and the World Health Organization, have slightly different guidelines.

The whole issue of overdose first aid is fraught with emotion and surrounded by a great deal of misinformation and confusion — particularly when it comes to the relative merits of rescue breathing (commonly called "mouth-to-mouth") and chest compressions (a.k.a., CPR).

Metro spoke to three Canadian experts to clarify what you need to know if you're faced with someone who has overdosed and might die.

All three gave the same basic advice: If, after using drugs, someone passes out and can't be roused, call 911, do chest compressions, and give naloxone, a lifesaving over-the-counter drug that can reverse the effects of an opioid overdose.

But they had slightly different opinions about mouth-to-mouth.

Since 2010, international and Canadian first-aid guidelines have recommended against the practice in most situations, favouring simplified, compressions-only CPR instead. Studies clearly show the simpler approach encourages people to do CPR instead of doing nothing, and dramatically increases survival rates from cardiac arrest.

THE KIT
Naloxone (brand name Narcan) is an over-the-counter drug sold as either an injection or nasal spray. It's an essential first aid kit item if you're ever around people who use street drugs.

Christian Vaillancourt, Research Chair in Emergency Cardiac Resuscitation at the University of Ottawa, explained that because opioid sedation slows or stops breathing, "Initially, ventilations (rescue breaths) would represent a far more valuable intervention."

"That said," he continued, "Respiratory arrest will also ultimately lead to cardiac arrest, in which case ventilations alone are certainly not optimal without chest compressions. Chest compressions can also provide some movement of air in and out of the chest."

Michelle Welsford, Director of the Hamilton Health Sciences Centre for Paramedic Education and Research, also favours compression-only CPR, because it can be taught in seconds. But she said if you have the training and can get over the "yucky" factor, you should go ahead and do rescue breathing.

Aaron Orkin, researcher at the Schwartz/Reisman Emergency Medicine Institute, said a key thing to understand is that most people who overdose aren't like Avwunufe, who was 25 and perfectly healthy. Chronic drug users are prone to chronic health problems. Most people who die of overdose have more than one thing going on — like an infection, a heart condition, or other drugs in their system — not just the respiratory arrest brought on by the opioids.

And unless you're a medical professional, you can't diagnose them. So do what you know works: Chest compressions.

What to do if someone ODs

Tips from ER doctor and first-aid researcher Aaron Orkin:

1. **Call 911,** no matter what is happening or who is there.
2. **Check responsiveness:** Shake the person and shout their name. They should show obvious signs of life. Gurgling or moaning noises do not count as responsiveness.
3. **Give chest compressions** if the person is unresponsive. Make sure they're lying down on a firm surface. Push hard and push fast in the centre of the chest.
4. **Give naloxone** (nasal spray or injection), following the directions in the kit.
5. **Use an automated external defibrillator (AED)** if there's one available. You don't need training to use an AED, and you can't do it wrong. The machine will tell you what to do and it will not go off if the person's heart is working properly.

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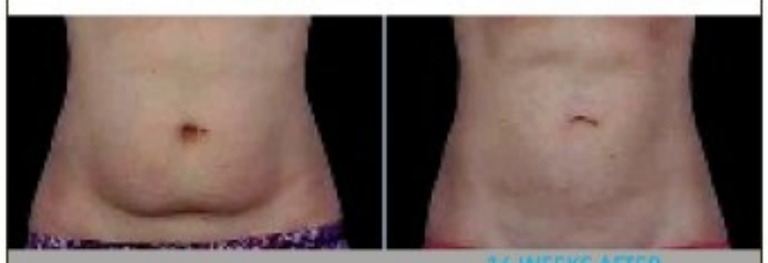

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Raising awareness on trans fertility options

Activist Rachel Clark points to doctors' lack of familiarity with transgender health issues. CONTRIBUTOR

STUDY

New research shines light on a wide lack of consultation

Genna Buck
Metro Canada

Many trans people believe choosing to have surgery to affirm their gender means they have to give up the possibility of having biological children in the future.

But that's not necessarily true, and according to a new study conducted at three Toronto medical centres, many transgender patients aren't aware of their fertility options.

The study surveyed 213 transgender adults, including 187 who have no children. About half were assigned female at birth; half male.

Thirty per cent of respondents — 64 people — told researchers they didn't know their fertility options. Of those, 77 percent said they'd never even had a conversation about fertility with their doctor.

Infertility is a side effect of hormone therapy and many procedures that fall under the umbrella of gender affirmation surgery (sometimes also called sex reassignment surgery).

But preserving eggs or sperm before beginning treatment can help get around that problem. For example, before having a hysterectomy a transgender man could have his eggs removed and frozen, and then later pursue a pregnancy with a fertile female partner or a surrogate.

Rachel Clark, a transgender woman and LGBTQ rights activist living in Toronto, said the findings didn't surprise her.

"I was lucky enough to have a doctor who was experienced," she said. "And I came out much later in life. I already knew that I wasn't having children."

"But if I'm a 20-year-old person (transitioning), I should be informed that it's going to have an effect on my reproductive organs, and that I can take steps to take to preserve fertility," she added.

She blames the problem on many doctors' lack of familiarity with transgender health issues.

"Now there are many doctors who can make decisions on trans health care, which is great," she said. "But people who are new might not know to ask about fertility. It's not that they're bad doctors, it's just that they don't understand."

"We need to start having more than 15 minutes on this in medical school."

(According to a 2015 report from the Canadian Federation of Medical Students, Canadian medical students get a median of four hours of instruction about LGBTQ health issues during their entire pre-clinical training.)

Finally, there's the issue of cost. Egg freezing, storage, and IVF can run into the tens of thousands of dollars, and transgender people are disproportionately poor. In Ontario, more than half of transgender people make less than $15,000 per year. Participants in the new Toronto study named cost as their number one barrier to accessing fertility options.

"We have to do a better job making sure that people are aware of their reproductive options," Clark said, "figuring out a way to alleviate the cost."

We have to do a better job making sure that people are aware of their reproductive options.
Rachel Clark

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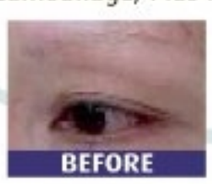

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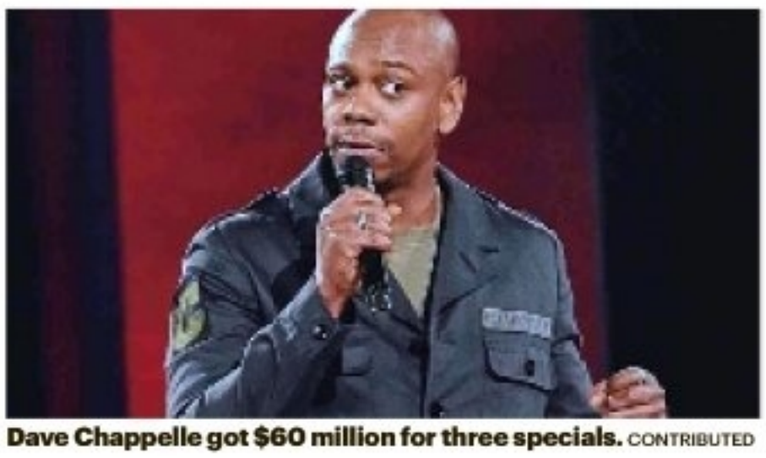
JOHANNA SCHNELLER **WHAT I'M WATCHING**

Chappelle's Cosby spin proves its own worth

THE SHOW: The Age of Spin: Dave Chappelle Live at the Hollywood Palladium (Netflix)
THE MOMENT: Cosby's legacy



Dave Chappelle got $60 million for three specials. CONTRIBUTED

Halfway through this hour of filmed stand-up, Dave Chappelle tells a passionate story about civil rights leaders who were executed throughout the 1960s. Then he says, "And while all this was going on, Bill Cosby raped 54 people." The audience gasp/laughs.

Chappelle moves onto other subjects. Then he circles back: "I'm a 42-year-old black comedian. Obviously Bill Cosby was a hero to me. To think that your hero might have done something so heinous — it would be as if you'd heard that chocolate ice cream itself had raped 54 people. You'd say to yourself, 'Oh man, but I like chocolate ice cream. I don't want it to rape.'"

Netflix paid Chappelle a staggering $60 million US for this and two other specials (one pending; the other, Deep in the Heart of Texas, streaming now). Is this hour "worth" $20 million? I can't answer that.

I can say that Chappelle excels at introducing layered, legitimately angry ideas about race in America into a narrative that feels casual and inclusive, without losing the comedy. That seems socially valuable to me, especially right now.

He says Cosby is a monster. He says Cosby meant a lot to people. Chappelle's struggle with that is the emotional crux of this show.

Also, you have to admire someone who can sum up 60 years of injustice in one well-honed line, which starts with a landmark US school integration case and ends with another gasp-laugh: "Brown vs. Board of Education passed in '54, but someone called me [the N word] in traffic last Wednesday."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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LEARNING CURVE

Reflections on your school year

The first year of post-secondary school can fly by for many students, leaving some to feel discombobulated at its close and wondering what to make of that tornado of textbooks and teachings that just passed by. Experts advise that taking the time to revel in some reflection can add some much needed resolve to the year.

"Students sometimes question how their time in university or college will help them in their future endeavors," says Anna Hussey, academic advisor at the University of Winnipeg. "The act of reflection gives students the opportunity to analyze their post-secondary experience on a deeper level."

ISTOCK

Hussey says that in asking certain questions of themselves, students can come to understand how their post-secondary experience is benefiting them both on a personal level and preparing them for the professional world ahead.

"I suggest a student asks his or herself what some of their major accomplishments were this year," Hussey advises. "What was fun about their academic year? Why were those moments significant? Were there disappointments or struggles along the way? What can be taken away from those experiences?"

When thinking about the future, Hussey suggests that a student should also reflect on how they feel their time in post-secondary is preparing them for a future career or academic pursuits.

"What skills have you learned in this place? Make an extensive list and think outside of the box. Are you pleased with your current academic path? Are there other options you have considered?"

Stefanie Chapman, student advisor at Acadia University, says that during the process of reflecting on the year, students should also be cognizant of the types of reflections they're having.

"There is a fine line between being overly-critical and complacent when reflecting," says Chapman, "if we can encourage students to be both honest and compassionate with themselves, progress is inevitable."

Chapman adds that focusing on new experiences is important because those particular types of moments go hand in hand with reflection.

"A great question to ask is, 'when is the last time I did something outside of my comfort zone'?"

'Experiential learning opportunities and transformative experiences'

CONTRIBUTED

Last month, students in the New York Institute of Technology's (NYIT) master of science in energy management (M.S.-EM) program left their Vancouver campus for a weeklong trip to the Peruvian Amazon.

"We want experiential learning opportunities and transformative experiences to be at the heart of the NYIT experience," says program coordinator Remi Charron. "This was part of implementing that."

Inspired by an M.S.-EM student's interest in the Amazon's Boiling River, the trip was partially made possible thanks to NYIT's Edward Guiliano Global Fellowship, which is meant for engaging in global research and innovative projects. While two of the four students who began the program when it launched last September were awarded the fellowship, the remaining two were sponsored by NYIT's Vancouver campus.

"Within every course, we have a big focus on learning through projects," says Charron. "This trip met the requirements for class projects on energy and sustainability, sparked research and led to potential collaboration opportunities between our students and students in Peru."

Charron says it has also inspired the second batch of M.S.-EM students, who began the program this January, to look into applying for the fellowship, which is offered once a year and consists of various awards, to have their own global experience.

"This trip set the bar high and it will take some thinking to come up with interesting projects where global travel would benefit students in terms of learning opportunities," says Charron.

Brian, M.S., Class of 2017
Questioning the "fiction" in science fiction.
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CONTRIBUTED

Study in a regular working shop environment

Since 1984, the Automotive Training Centre (ATC) has helped thousands gain the foundational knowledge to pursue a career in the automotive field, says the director of the institution's Surrey location.

"Students come here with a dream and get to feel what it is really like," says Zyg Strecha. "They learn theory, from very basic elementary points all the way up to entry-level skills, and apply that in the shop."

With four locations across Canada, ATC facilitates a range of offerings, including its mainstay foundational automotive service technician and refinishing prep and auto body technician programs. These 43-week-long programs, says Strecha, are evenly divided between theory and hands-on learning.

"Students can expect a regular working shop environment," he says. "We have a fleet of repair cars to be worked on, taken apart and put back together as well as specialty tools, equipment and engine components. So there is no shortage of applications to engage in."

ATC's foundational automotive service technician and refinishing prep and auto body technician programs conclude with a six-week job practicum at a facility chosen by the student.

Once they successfully complete their learning, students are also assisted in finding employment.

"One of the old sayings, which still holds true, is if you're good with your hands you can go into the trades. This is where students find that out."

To learn more about ATC's programs and courses, visit autotrainingcentre.com.

AN ACCOUNTING DESIGNATION WITH A FUTURE

Financial analyst. Auditor. Manager. Consultant. Entrepreneur. These are just some of the career options available to accountants.

While the career of an accountant may at first appear to be just about the numbers, Richard Howe, Professional Business Accountant (PBA) contends that "if you've got a strong foundation in accounting, you can go anywhere."

In partnership with the Professional Business Accountants Society of Canada, Stenberg College offers a 30-month Professional Business Accounting diploma (24 months of instruction plus two 3-month work terms for students to gain hands-on experience). The diploma program prepares graduates to work as a full-cycle accountant and earn up to $80,000 per year.

The designation is recognized internationally by employers, banks, financial institutions, the Business Development Bank of Canada and Canada Revenue Agency.

Having a university degree is not a prerequisite for this program and even recent high school grads can apply, making it a great option for people who are looking to break into the accounting industry without returning to school for four plus years.

CONTRIBUTED

The chance to build a new career is exactly what drew Nick Martin to Stenberg College. Martin is currently a student in Stenberg's PBA program and will graduate in June 2017 after completing his practicum. He returned to school after 10 years in the restaurant industry. "I had no post-secondary education at that point, but accounting was something that I had always been interested in." Martin began researching the academic options available, and found that a degree would take four years of full-time schooling to complete.

"I knew that I would need to continue working, and would not be able to commit to full-time school, and I didn't want to wait six years to complete a part-time degree. Then I learned about the PBA designation, and saw that I could complete the program in less time. I found Stenberg, and after learning that they offered the PBA program online, I was sold."

Because Stenberg has articulation agreements with Yorkville University, as well as National American University, graduates of the PBA program can choose to continue their studies and earn a business or accounting degree.

Designated PBA's with a minimum of 5 years of business management experience may be admitted to Athabasca University's Master of Business Administration (MBA) program.

Whether Stenberg PBA students choose to pursue a degree, enter the accounting industry, or pursue another area of business, their education provides a solid foundation to build their career on.

Become a Professional Business Accountant (PBA)

The Accounting Designation that opens doors.

The Professional Business Accountant diploma program prepares graduates to work as a full cycle accountant and earn up to $80,000+ per year. After completion of the 30 month program (24 months of instruction plus two 3-month work terms for students to gain hands-on experience) combined with a minimum of 2 years relevant work experience, graduates are eligible to write an entry to practice exam leading to a Professional Business Accountant (PBA) designation. This designation is recognized across Canada by employers, banks, financial institutions, the Business Development Bank of Canada (BDC) and the Canada Revenue Agency.

- **No Degree Required**
- **Program Duration - 30 Months**
  (24 months of instruction plus two 3-month work terms)
- **PBAs earn up to $80,000 +**
- **Be your own boss and earn up to $140,000 +**

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pba professional business accountant

Your small & medium-sized professional accountant.

Professional Business Accountants (PBA) are perfectly suited to small & medium sized businesses which, according to the Canadian Chamber of Commerce, employ two-thirds of Canada's private sector workforce, make up 40 percent of Canada's GDP and account for 50 percent of net job creation.

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PCTIA

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Over 92% of our grads are employed in their field of study within 6 months of graduation.

A rewarding career in therapeutic recreation

Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for this generation.

The field of therapeutic recreation, especially for older adults, is not just limited to physical exercise but activities that promote healthy living, including arts and creative and expressive arts, music, gardening, games, social events and entertainment.

According to Laurie Chiasson, a certified therapeutic recreation specialist and Stenberg College instructor, there is an urgent need for qualified people that understand the language of recreation therapy and are passionate about using recreation as a tool for wellness.

In Chiasson's opinion, the qualities that make someone a great therapeutic recreation assistant include "listening skills, the ability to understand the importance of human interaction and an understanding of, and interest in, celebrating individualism; it's important to be able to see people for who they really are and be able to tailor your programs to meet individual needs and interests."

As an instructor at Stenberg, Chiasson guides students on their path towards a more rewarding career. One such student is Danielle Beauchamp, a 2014 Stenberg graduate who now spends her days developing and delivering programs designed to help older adults have fun.

"Going to Stenberg and learning about recreation therapy and working with older adults completely changed the career that I was headed towards... Everyday I feel productive, like I've helped somebody, that my career makes a difference in people's lives, and that's something I was really looking for in a career."

The daily duties for therapeutic recreation assistants vary depending upon your place of employment, but often include planning and leading recreation programs that span a variety of areas (exercise classes, music classes, etc.), attending resident outings, documenting observations and participating in quality improvement projects. Graduates of Stenberg's Therapeutic Recreation program are qualified for employment in community and senior centres, residential settings, adult day centres and rehabilitation centres.

CONTRIBUTED

The promotion of health in older adults encompasses physical, social, emotional, cultural, spiritual and mental well-being.

If you're someone who wants to make a difference in your community, enjoys improving the lives of others and working with older adults, Stenberg's 47-week Therapeutic Recreation program could be the right choice for you.

A rewarding career supporting seniors in leisure & recreation activities

Therapeutic Recreation

Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for this generation. The field of therapeutic recreation, especially for older adults (gerontology), is not just limited to physical exercise but activities that promote healthy living. These activities include: arts & crafts, music, gardening, games, social events, outings and entertainment.

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Over 92% of our grads are employed in their field of study within 6 months of graduation.

Counselling training with a focus on personal growth

CONTRIBUTED

While post-secondary options typically prepare students for a career in their chosen field, learners in Native Education College's (NEC) family and community counselling certificate program also benefit from a focus on personal growth, says the manager of the school's cluster of human services programs.

"The program is dual-focused in that the Western approaches to counselling are complemented with Indigenous approaches so students develop their own style of helping and that encourages them to undergo their own transformation," says Wendy Simon. "Our community often faces challenges dealing with issues such as historical and contemporary trauma and racism. This program gives students a tangible skill set to work towards solutions, whatever the problem may be."

Ten months in length, family and community counselling introduces students to the general theory and develops their foundational skills in psychology and trauma counselling while incorporating Indigenous perspectives through activities such as talking circles, ceremonies and song, and the presence of elders.

The program also employs teaching methods that include lectures, guest speakers, field trips, community engagement and discussions during which students have the opportunity to contribute and lead. It concludes with a 300-hour practicum.

"There is a lot of focus on peer learning and there is a lot of decentralizing to honour all different types of knowledge," says Simon. "And because the practicum is 300 hours, it allows students to go through an orientation phase so they can do actual hands-on work such as program planning, facilitation, counselling intake and referrals."

Many students, says Simon, use the program as a stepping stone to further education via NEC's family and community counselling diploma program or programs at other institutions. Others, meanwhile, enter a field that Simon says is undergoing a period of growth.

"The climate surrounding Indigenous issues is shifting in our favour, so we are seeing new job and roles becoming available," she says. "What's most surprising is how far reaching the influence of our grads is as they occupy important positions in the community. Because they overcome their own personal challenges, they bring that resilience, strength and healthy growth to their clients. They embody it because they have been through it."

NOMINATE NEC ALUMNI FOR AN AWARD APRIL 28, 2017

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Ron Hextall has been named Canada's general manager for the upcoming world hockey championship

NHL rules out 2018 Olympics

HOCKEY

Falling out between league owners and IOC a huge factor

It appears the 2018 Winter Olympics will lack the star power of Sidney Crosby, Connor McDavid and Auston Matthews after the NHL announced Monday it will not interrupt next season to accommodate the Pyeongchang Games.

Instead, hockey will likely be represented on the global stage by many players with unrecognizable names — think Brad Schlegel, David Harlock and Dwayne Norris from Canada's silver-medal winning team at the 1994 Lillehammer Games.

"Disappointing news NHL won't be part of the Olympics 2018," New York Rangers goalie and two-time Olympian Henrik Lundqvist said on Twitter.

It was the hope of superstars like McDavid, Jonathan Toews and Alex Ovechkin that the NHL would come around to the big picture appeal of the 2018 Games, but the league never found the answer it was looking for. What exactly might have swayed their opinion toward letting players attend isn't clear. NHL owners never bought into the idea that halting the season for 17 days in February would benefit the league long term.

Gary Bettman GETTY IMAGES

> **I think they may have opened up a whole can of worms.**
> Gary Bettman on the IOC

Their angst was most certainly sparked by the International Olympic Committee's insistence that out-of-pocket payments for players to attend in 2018 would no longer be covered.

"I think when the IOC said 'You know what, we don't think it's worth it we're not going to pay,' I think that may have opened a whole can of worms," NHL commissioner Gary Bettman said at one point in the process.

And from there, the owners dug in their heels and never moved — even when the International Ice Hockey Federation found apparent money to cover costs like travel, accommodation and insurance.

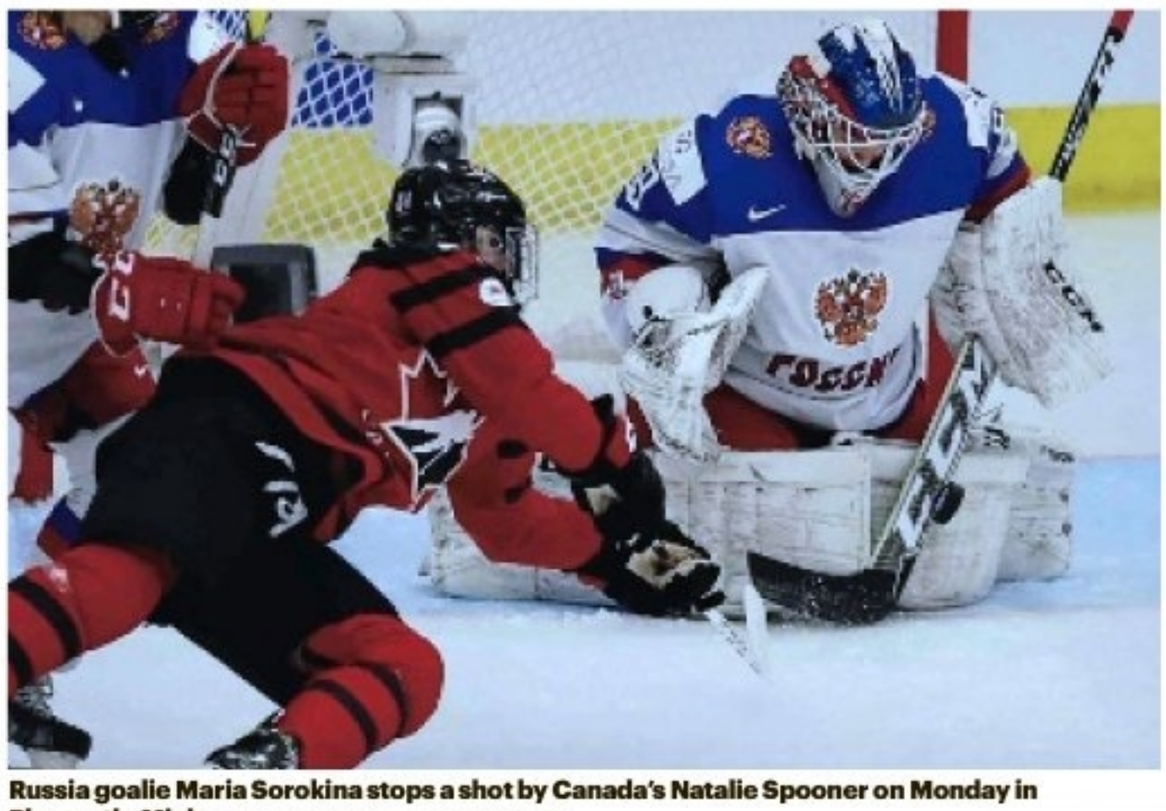
But it was beyond just dollars and limited growth potential from South Korea. Owners were wary of the season disruption and impact of a compressed schedule, along with increased risk for player injury.

Bettman said in March that "there's somewhere between fatigue and negativity on the subject." In a statement announcing their decision, the NHL said "no meaningful dialogue has materialized," pointing fingers at both the IOC and NHL Players' Association.

The league revealed a relatively new position from the IOC, suggesting that participation at the 2022 Beijing Games hinged on participation in 2018 and adding that the NHLPA had demonstrated "no interest in any discussion that might make Olympic participation more attractive to the clubs."

What the players' association could have presented is unclear. Asked in late March how players would react if the NHL opted not to let them go to South Korea, NHLPA executive director Don Fehr said they wouldn't be happy.

Ovechkin has insisted that he'll attend in South Korea no matter what the NHL decided. THE CANADIAN PRESS



Russia goalie Maria Sorokina stops a shot by Canada's Natalie Spooner on Monday in Plymouth, Mich. CARLOS OSORIO/THE CANADIAN PRESS

WORLD CHAMPIONSHIP

Canada routs Russia to make semis

Canada made it into the semi-finals of the women's world hockey championship with an assist from their frenemies.

Canada's 8-0 win over Russia and Finland losing 5-3 in regulation to the United States on Monday combined to send the Canadians to the semi-finals alongside the Americans.

The U.S. finished atop Pool A at 3-0 and dropped the Finns into a three-way tie with Canada and Russia at 1-2.

The Canadians ranked second in their pool on superior goal differential with Finland third and Russia fourth.

Germany and Sweden finished first and second respectively in Pool B at 2-1. Germany faces Russia and the Finns take on the Swedes in Tuesday's quarter-finals. The medal games are Friday.

MONDAY in Michigan

8	0
CANADA	RUSSIA

Canada and the U.S. have met in the final of all 17 world women's championship with Canada winning 10 titles and the Americans seven.

A 4-3 upset at the hands of Finland earlier in the round robin put Canada in the unusual position of needing help from their archrivals to earn the extra day of rest the bye provides.

The Canadians did their part to stay in contention for the bye. They needed to beat Russia by only two goals, but poured the pucks past two Russian goaltenders after scoring just three times in two games.

Jennifer Wakefield scored twice with Haley Irwin assisting on both. Erin Ambrose and Sarah Potomak scored their first career goals for Canada. THE CANADIAN PRESS

For the result of Finland-USA visit metronews.ca

NCAA TOURNAMENT

North Carolina beats Zags in final

Gonzaga's program-defining run to the national championship game ended in a flurry of whistles and missed shots.

Gonzaga struggled while its two big men fought foul trouble in the second half and lost its shooting touch, its bid for the program's first national championship dashed by a 71-65 loss to North Carolina on Monday night.

In control for most of the first half, the Zags (37-2) lost on a gamble when freshman centre Zach Collins picked up his fourth foul after being put back in the game early in a whistle-filled second half. Przemek Karnowski, Gonzaga's 7-foot-1, 300-pound wall of a centre, had to dance around foul trouble most of the second half as well, leaving Gonzaga unable to effectively initiate its inside-out game.

MONDAY in Arizona

71	65
N.CAROLINA	GONZAGA

The Zags still found a way to take a 65-63 lead with 1:53 left, but didn't score again as the Tar Heels scored the final eight points. North Carolina went up 68-65 on Isaiah Hicks' jumper with 26 left and a blocked shot by Kennedy Meeks on Nigel Williams-Goss led to a breakaway dunk that sent the Tar Heels to their sixth national championship.

Karnowski had nine points on 1-of-8 shooting. Collins finished with seven points and nine rebounds while being limited to 14 minutes. THE ASSOCIATED PRESS

IN BRIEF

Trumbo drops mike on Jays

Mark Trumbo homered with two outs in the 11th inning, and the Baltimore Orioles beat the Toronto Blue Jays 3-2 Monday for their seventh straight opening-day victory.

Trumbo connected off Jason Grilli (0-1) on a 1-2 slider. When he reached the plate, the reigning major league home run king was drenched in water by teammates and cheered heartily by those remaining from a sellout crowd of 45,667.

THE CANADIAN PRESS

Gushue still perfect at worlds

The 2006 Olympic champion Canada's Brad Gushue is off to a strong start at 5-0 after eight draws of round-robin play. His top-ranked team dumped Scotland's David Murdoch 8-2 on Monday afternoon and then beat American John Shuster by the same score in the evening.

Switzerland's Peter de Cruz whipped Russia's Alexey Stukalskiy 9-2 to move into a second-place tie with Sweden's Niklas Edin at 4-1.

THE CANADIAN PRESS

> **It's the most harrowing 10 to 15 minutes of the year.**
> Peter Radovich, creative director for CBS Sports, on piecing together the One Shining Moment montage after the NCAA men's final. Go to metronews.ca for results from Monday's game.

MAKE IT TODAY

Tasty Broccoli Cheese Patties

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Lunch doesn't always need to be a sandwich — change things up with these satisfying, healthy patties.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 6

Ingredients
- 1 Tbsp olive oil
- 1/2 onion, minced
- 2 cloves garlic, minced
- 4 cups broccoli, chopped finely
- 3/4 cup panko
- 2 eggs
- 1/2 cup grated cheddar
- 1/3 cup grated Parmesan

Directions

1. Preheat oven to 400 degrees.

2. Sauté onions and garlic in olive oil over medium heat until they begin to soften. Add broccoli and allow to begin to soften, 3 minutes. Remove from the heat. Line a baking sheet with parchment paper and set aside.

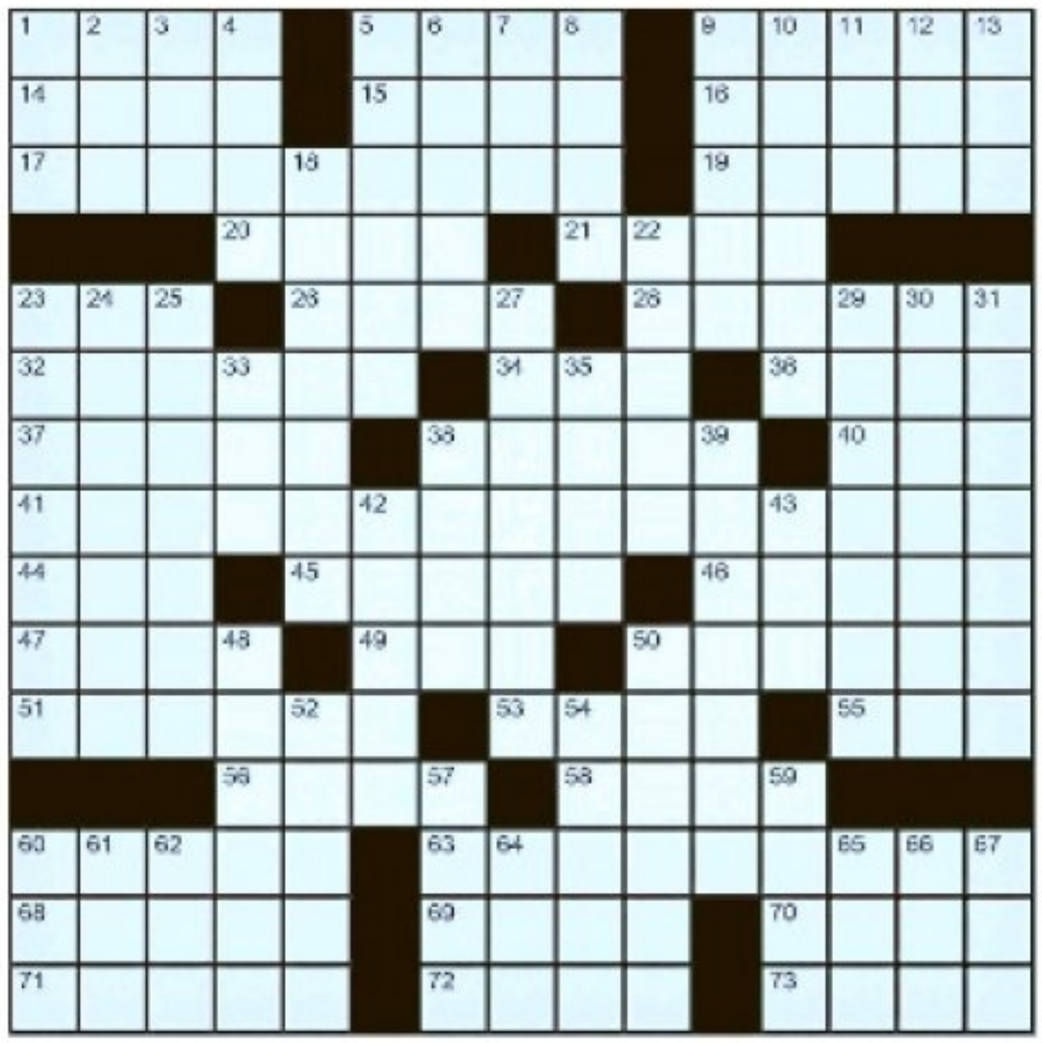
3. In large bowl, whisk eggs. Now add panko, cheddar and Parm and mix. Add the broccoli mixture and combine thoroughly.

4. Use your hands to form even patties and place on a lined baking sheet and pop into the hot oven. After 15 minutes, use a spatula to flip the patties. Bake another 10 minutes and they're done.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Use a car lot
5. Lacking
9. Accord
14. Mr. Alda
15. Boast
16. Dressed to the _
17. Last queen of the Ptolemaic Kingdom in ancient Egypt
19. Beatles: "_ _ Your Name"
20. Island of Indonesia
21. Catherine of "The Dukes of Hazzard"
23. Initials-sharers of Gisele Bundchen's quarterback hubby
26. The Bee _
28. Thingamabob
32. Canadian singer Mr. Maida's
34. Mr. Robbins
36. _ Strauss & Co.
37. "Is that coffee _ _?" (What's in that pot?)
38. Of prophets
40. Fall from grace
41. Cooking show on Gusto featuring meatless recipes, with The: 2 wds.
44. Ms. Zadora
45. Carved pole of symbolism
46. La Route _ (Quebec bike paths network)
47. Envelope insertion [abbr.]
49. 'Super' suffix
50. Shooting star
51. Very nice: 2 wds.
53. Pet shelter org.
55. Hosp. units
56. Workshop gripper
58. Grand Ole _
60. Eyeball attachment, _ nerve
63. Plates dryer: 2 wds.
68. Filmdom's Mr. Langella
69. 'Kitchen' add-on
70. Constellation, _ Major
71. Salad graspers
72. NASDAQ rival
73. Whiskey grains

DOWN
1. _-Man
2. Entirely
3. Ms. Dawn Chong
4. Drawer attachment
5. Weighing needs
6. Bandleader
7. Swed. neighbour
8. Take a DNA sample
9. 2017 is the 100th anniversary of this Canadian food company (since 1917)
10. Canadian marketing trailblazer who famously promoted President's Choice products, Dave _ (b.1940 - d.2013)
11. _ _ hurry
12. _ Aviv, Israel
13. Fashion monogram
18. The winner of one gets a tiara
22. Allow into the club
23. Bands of performers
24. Fantasia who won "American Idol" in 2004
25. Take it easy: 2 wds.
27. They make homes on the market appealing to buyers
29. Ms. Nielsen, host of #41-Across
30. Pilot
31. Meals
33. PBS funding org.
35. Journalism piece
38. Quash
39. Prehistoric 'painting' place/practice: 2 wds.
42. Annuls
43. Finished with work [abbr.]
48. Still of this world
50. "Nanny _" (2005)
52. Chef's culinary cuts
54. Drops a letter into the box
57. Paradise
59. "_ Show of Shows" ('50s variety TV series)
60. Poet's 'frequently'
61. For
62. Neutral tone
64. 'Acid' suffix
65. Sarcastic
66. 'Computer' suffix (Techie jargon)
67. _ Palmas, Spain

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with family members early this morning. Fortunately, as the day wears on, you encounter fun times, and possibly even romance!

Taurus April 21 - May 21
Be careful this morning, because this is an accident-prone time for you. Be patient and diplomatic with others. Later in the day, relationships with family members are warm and loving.

Gemini May 22 - June 21
Early in the morning, guard your possessions and cash to prevent loss, theft or breakage. However, the rest of the day is upbeat and fun!

Cancer June 22 - July 23
Something unexpected will affect your world early in the morning. Small appliances might break down — or perhaps you are simply out of coffee? Look for ways to boost your income later today.

Leo July 24 - Aug. 23
Something might upset you in the early morning. Fortunately, it is quickly gone. Later today, you will love to travel and explore new places and learn new things.

Virgo Aug. 24 - Sept. 23
A discussion with a female friend might upset you this morning. Don't let this get you down, because the rest of the day is quite pleasant. It happens.

Libra Sept. 24 - Oct. 23
You might have difficulty with parents or bosses early this morning. Not to worry, because a good friend will help you enjoy the rest of the day.

Scorpio Oct. 24 - Nov. 22
Travel plans or perhaps school plans will be interrupted this morning. You will have to make adjustments — this is a certainty. An authority figure will help you later in the day.

Sagittarius Nov. 23 - Dec. 21
Double-check banking details and anything to do with shared property early this morning. Something unexpected might occur. Later in the day, travel appeals.

Capricorn Dec. 22 - Jan. 20
Arguments with partners and close friends are likely in the early morning. As the day wears on, you feel better and better. In fact, you might get a gift or a favor from someone.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted in the morning. Something might be canceled or broken. Relationships with others will smooth the way for you later in the day.

Pisces
Feb. 20 - March 20
This morning is an accident-prone time for kids, so be extra vigilant. Likewise, romantic partners might quarrel. Ironically, all is well later in the day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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					6			9
		8		7				
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		5	8	9	2	7		
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				2		9		
6			9					
1	4		7					

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6	3	2	7	8	4	1	9	5
4	8	1	2	9	5	6	7	3
9	7	5	6	3	1	4	2	8
7	1	6	8	5	3	9	4	2
5	4	3	9	6	2	7	8	1
2	9	8	4	1	7	5	3	6
3	6	9	5	4	8	2	1	7
8	2	4	1	7	6	3	5	9
1	5	7	3	2	9	8	6	4

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